

ATHLETE INFO PACK

Welcome to Waterways Ireland triAthlone 2017, the return of Standard Distance triathlon to Athlone, in addition to our Sprint, Super Sprint Race & Relays!

We have gone to some lengths to provide you with the information on the event in as clear and simple form as possible. We understand that we not only have elite athletes taking part, but also novices and triathlon 1st-timers. All athletes **MUST READ** the information provided. Most of the questions emailed to us is for information detailed either on or in the PDF documents posted on the website. Failure to read the information accounts for 100% of the misinformation we encounter.

Enclosed in this document is a simple schedule and site map. Print it, study it, follow it.

Information sets your mind at ease. Knowing what you have to do and when you have to do it will lead to a more enjoyable triathlon experience.

Looking forward to seeing you this weekend!

The Waterways Ireland triAthlone Team



stay up to date on: www.triathlone.com

follow us on: 



TRIATHLON IRELAND



DON'T FORGET YOUR TRIATHLON IRELAND MEMBERSHIP CARD OR 1-DAY-MEMBERSHIP SO YOU CAN RACE!

Triathlon Ireland are the sport's National Governing Body, & Waterways Ireland triAthlone is a TI sanctioned event. TI membership provides insurance to members and events, so it is essential that race participants are either 2017 TI members or you can purchase a One-Day-Membership (ODM). No ODM or membership at registration, NO RACE!

CLICK HERE TO PURCHASE YOUR ODM
(only 1 needed per relay team)



triAthlone RACE INFO

- triAthlone athletes register in the Prince of Wales Hotel on Church Street
- You HAVE to register. No-one can register for you
- You need either a Triathlon Ireland membership card or a pre-purchased 1-day-license from TI. This will not be available to purchase on race day. Photo ID required
- ALL Relay Team Members need to register

REGISTRATION OPENING HOURS:

SATURDAY 13:30-15:00

AT REGISTRATION YOU WILL GET:

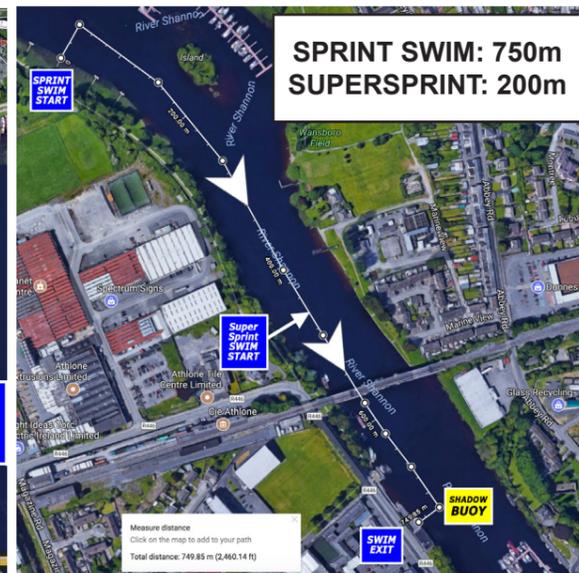
- 1) Your Wristband:**
For access to transition
Multiple Wristbands are available for Relays
- 2) Timing Chip:**
Wear on **LEFT** ankle **ONLY**. Relay team pass the chip from one member to the other
- 3) Race Stickers Pack:**
THIS CONTAINS THE FOLLOWING RACE STICKERS:
Helmet: Front Centre & Side
Bike: Seatpost Wraparound
Bag Drop: To Identify it @ Bag Drop
- 4) Race Number:**
To be worn on back (bike) & on front (run)

- A Medical/First-Aid Team will circulate around race site, with an Ambulance at Swim Exit, Bike Route & Finish
- Lost & Found is available on Saturday at Transition Bag Drop
- After this time contact willie@triathlone.com

BE IN TRANSITION BEFORE 4PM TO ENSURE YOU HAVE TIME TO SETUP YOUR BIKE AND CLEAR TRANSITION FOR 16:30!

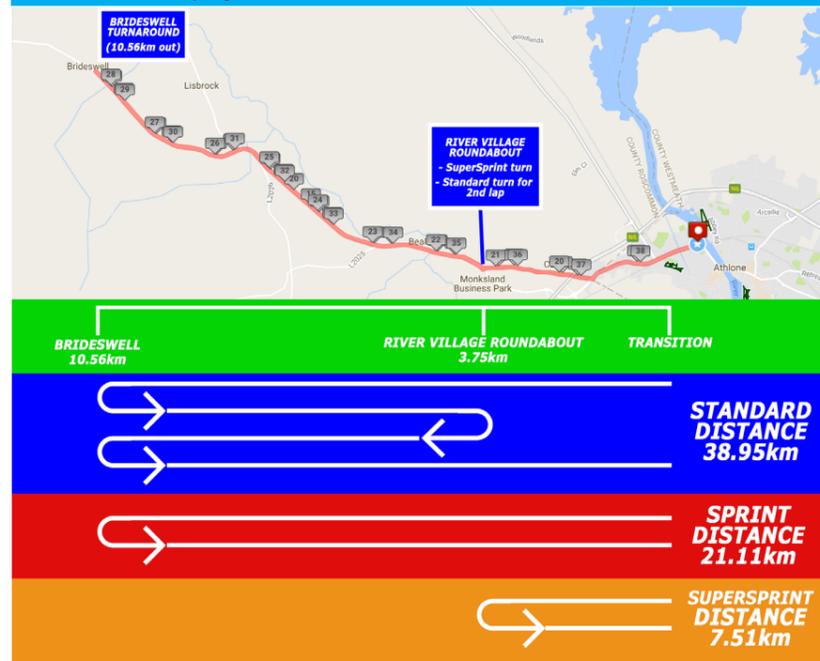
ALL ATHLETES SHOULD GATHER AT THE WAVE ASSEMBLY POINT BESIDE TRANSITION AT LEAST 15 MIN BEFORE YOUR WAVE START TIME

THERE IS A RACE BRIEFING AT 16:30 IN THE AGEGROUP TRANSITION ON SATURDAY - IT IS MANDATORY THAT YOU ATTEND THE PRE-RACE BRIEFING. TRANSITION CLEARED AT 16:30

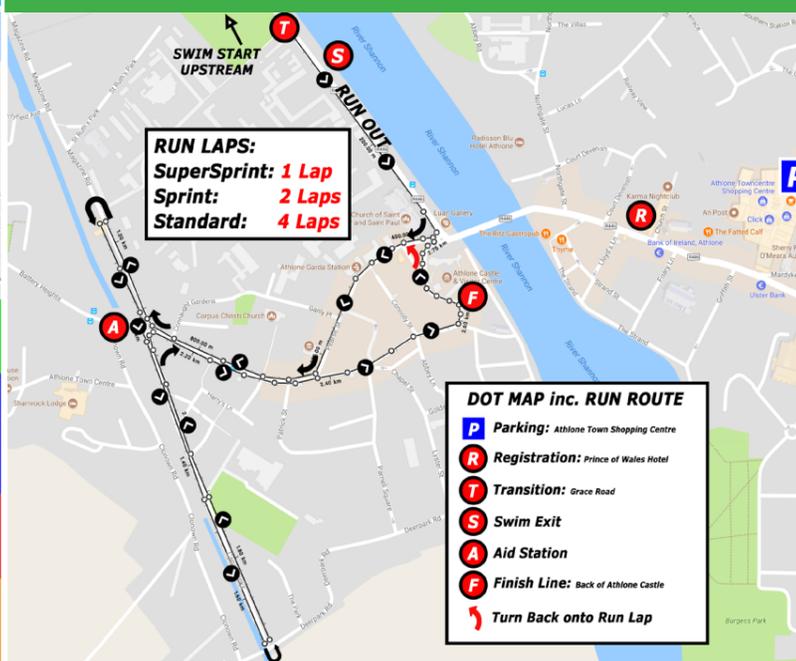


BIKE ROUTE:

For accurate MapMyRide Distance & Elevation info: www.triathlone.com



RUN ROUTE & DOT MAP:



CASUAL BAG DROP

If you need to leave a bag, we are reserving space alongside transition for a Casual Bag Drop. Please use a RACE STICKER to identify your bag. Bags will be available to collect once transition reopens - when the last runner is on the course. We do our best to provide a safe place, but please be aware you leave your property at your own risk.

AFTER-RACE BIKE & BAG PICKUP

Our event is staffed by volunteers, so we kindly ask that you return to transition as soon as it re-opens to collect your belongings so they don't have to say late!
Transition will re-open for you to pickup your things once the last runner has started the run course (approx. 7:30)

FREE POST-RACE PASTA

TO SAY THANKS FOR TAKING PART IN OUR EVENT THIS YEAR WE HAVE FREE POST-RACE PASTA!
SO GET ACROSS THE FINISH LINE, & EXCHANGE YOUR WRIST BAND FOR PASTA!
LOOK OUT FOR THE PASTA SIGNS BESIDE THE FINISH LINE!

RELAY TEAM INFO

- ALL RELAY TEAM MEMBERS NEED TO REGISTER, & ONLY 1 ODM IS NEEDED PER TEAM
- RELAYS HAVE A SPECIAL WRISTBAND WHICH ALLOWS THEM TO COME IN/OUT OF TRANSITION
- ALL RELAY MEMBERS NEED TO ENSURE THEY EACH HAVE A WRISTBAND IN THEIR REGISTRATION PACK!
- ATHLETES MUST BE AT THEIR BIKE SPOT FOR THE HAND-OVER OF THE CHIP
- RELAY MEMBERS MUST REMEMBER TO HAND OVER THE RACE NUMBER FROM BIKE TO RUN

TRANSITION LAYOUT:

FOR 2017 WE HAVE A NEW TRANSITION ON GRACE ROAD FOR YOUR CONVENIENCE, CASUAL BAG DROP IS IN TRANSITION

NUMBERS: 001 - 220 ON RIVER SIDE

NUMBERS: 221 - 470 ON BARRACKS SIDE

TRANSITION IS OPEN: 14:00-16:30

TRANSITION TEAM WILL ASSIST YOU IN GETTING YOUR BELONGINGS OUT OF TRANSITION AS SOON AS THE LAST ATHLETE STARTS THE RUN

SEE WWW.TRIATHLONE.COM FOR GPS ACCURATE MAPMYRIDE MAPS



P PARKING INFO

ALWAYS approach Athlone from the EAST side. Parking is pay-per-hour. Athlone Town Centre has set aside a special area for tri parking, with All-Day-Parking from €3 per day. Follow the signs from the motorway for Athlone Town Centre/ Sheraton Hotel. There is no FREE parking in Athlone. Be aware if you park your car in an unauthorised zone, you may get a parking ticket or get clamped. Don't park on the race route; you may be towed at your expense.

PRIZEGIVING!

Prizegiving will take place at the Finish Line immediately after the race - subject to the Results being signed off by Triathlon Ireland.
For 2017, there will be the following Prizes:

1st, 2nd and 3rd Overall:

- SuperSprint
- Sprint (Male/Female)
- Olympic (Male/Female)
- Relays

We also will be giving prizes to AgeGroup (M/F) 16-19, 20-29, 30-39, 40-49, 50+. If you believe you are a prizewinner please present yourself to William at the Finish Line after you finish.

THE WAVE START SCHEDULE:

YOUR WAVE NO CORRESPONDS TO YOUR RACE NO

SEE YOUR WAVE NUMBER -> CHECK YOUR START TIME

ASSEMBLE 15 MINS BEFORE START TIME AT GRACE ROAD WAVE ASSEMBLY POINT TO WALK UPSTREAM TO SWIM START

Race Number	Event	Wave Number	Swim Cap Colour	Wristband Colour	Start Time
1-35	SuperSprint	1	ORANGE	GREEN	17:00
36-45	SuperSprint Relay	1	ORANGE	PINK	17:00
46-165	Sprint 1 Male (Age 16-44)	2	RED	GREEN	17:10
166-209	Sprint 2 Male (Age 45+)	3	WHITE	GREEN	17:20
210-270	Sprint 3 Female	3	WHITE	GREEN	17:20
271-300	Sprint Relay	3	WHITE	PINK	17:20
301-329	Standard Female	4	BLUE	GREEN	17:30
330-459	Standard Male	4	BLUE	GREEN	17:30
460-470	Standard Relay	4	BLUE	PINK	17:30

WAVES ARE ASSIGNED BY AGE-GROUP. YOU CANNOT SWAP WAVES. IF YOU START THE EVENT IN THE WRONG WAVE, YOU WILL BE DISQUALIFIED

READ THIS IMPORTANT INFO:

- If you are not a member of Triathlon Ireland (TI) or YOUR country's National Federation, you need to purchase a 1-day membership (ODM). This MUST be purchased BEFORE the event on TI's website. You CANNOT buy one on race day. No ODM, no race!
- You cannot transfer or "sell" your entry to someone else. The date for refunds and name changes ended 1/6/2017
- To be 100% sure of what's going on, attend the Race Briefing at 16:30 in AgeGroup Transition. It's mandatory.
- All race maps, distances and even elevation maps are available on our website. Take time and study these!
- Remember, registration closes at 15:00 so if you're not registered by that time, you cannot race.
- We close transition at 16:30. If your bike isn't in, racked and clear by then - you won't be able to race. It's as simple as that. We do our best to secure transition area, but be aware that items are left in transition at their owner's risk
- Our waves are run by athlete Age-Group. You cannot change wave to start with your friend. That's the rules of the sport. If you change wave, your time will be disqualified
- You CANNOT use assistive floats or buoyancy aids in the swim. Please check Triathlon Ireland guidelines
- Wet-suits are not compulsory but are advised. Please check Triathlon Ireland guidelines. You can wear either a short or long wet-suit if you want
- We have a highly experienced water-safety team. We will take you out of the water if we believe you are struggling. **If you take longer than 30min for the Sprint or 45min for the Olympic you will be removed from the water**
- Know the rules about transition that relate to the sport - available on-line from www.triathlonireland.com
- No, you cannot use an iPod when racing, or any other electronic entertainment device or mobile phone
- All triAthlone races are NON-DRAFTING! We have draft-busters on our bike route. You will be PENALISED!

WWW.TRIATHLONE.COM